

Harvard Beets5

Number of Servings: 5 (111.98 g per serving)

Amount	Measure	Ingredient
2.00	cup	Beets, cnd, drained, diced
6 1/2	Tbs	Pineapple, chunks, w/juice, cnd, drained
6 1/2	Tbs	Juice, beetroot
6 1/4	tsp	Juice, pineapple, unswtnd, w/o add vit C, cnd
4 3/4	tsp	Cornstarch
6 1/4	tsp	Vinegar, cider

Nutrients per serving

Nutrition Facts			
Serving Size (112g)			
Servings Per Container			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Total Carbohydrate 12g	4%		
Dietary Fiber 1g	4%		
Sugars 6g			
Protein 1g			
Vitamin A 0%	Vitamin C 8%		
Calcium 2%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* Drain beets and pineapple and reserve liquid from each separately. If more beet juice needed, water may be substituted for a little of it.

Stir cornstarch into 1/2 the measure of beet juice briskly. Add the remaining beet juice, the pineapple juice and the vinegar. Cook until thickened and clear, stirring with wire whip.

With spoon, stir beets in to sauce and bring to a simmer.

Serve 1/2 cup serving with a 4 oz spoodle or a #8 scoop = 1 serving veg/fruit

1/2 c = 12 grams carbohydrate = 1 Carb Serv